ELLEN VANSTONE

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ADRIAN WILD/THE CANADIAN PRESS

TOLERANCE

March against hate

Adam Kveton
For Metro | Ottawa

The recent rash of graffiti hate crimes has some calling for greater education efforts and a stronger voice from individuals.

That's the push made by some attendees at the Solidarity Walk in Kitchissippi Ward Sunday.

The ward's councillor, Jeff Leiper, said the event, which drew more than 100 participants, was in response to six racist graffiti incidents. In those incidents, swastikas and other racist messages were painted on places of worship, including a mosque, a church and a synagogue.

Over the weekend, police arrested a young man in connection to those incidents.

But it was also an opportunity for people concerned about the U.S. election to gather and stand up against such rhetoric in Canada, said Leiper.

"There is a lot of unease" following Donald Trump's election win, he said.

Not wanting to draw a direct connection between the local hate crimes and the election, he said many people are concerned that society is going in the wrong direction.

For walk participant Larry Hudon, both events show "we still need to be out" and voice opposition to people with hateful views.

More coverage, p. 4

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Your essential daily news

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WEATHER

Winter winds halt parade

Ryan Tumilty
Metro | Ottawa

Saint Nick lost a battle with Jack Frost Sunday as organizers of the Barrhaven Santa Claus parade cancelled their planned Santa Claus parade over high winds.

Andrea Steenbakkers, the Barrhaven Business Improvement Area's executive director, said they were forced to pull the plug Sunday morning because of the high winds.

She said if it had just been snow or cold, the parade could have gone ahead, but the high winds made it potentially unsafe.

"It's just not worth risking something flying off of a float and hitting a kid," she said. "We had to let Mother Nature win this one this year."

Steenbakkers said unfortunately it wouldn't be possible to just reschedule the event either.

"There are just so many people involved it is not something that can have an inclement weather date or be rescheduled," she said.

The parade is a fundraiser for the Barrhaven food cupboard and Steenbakkers said that anyone who had planned to give donations of cash or food during the parade can drop them off at the Barrhaven Legion.

Ottawa was forecast to see as much as 25 centimetres of snow by Monday and city crews were already out on the road Sunday afternoon.

Invention brews a cup of joe on-the-go

CROWDFUNDING

Copper coffee-making tool a simple travel solution

Haley Ritchie
Metro | Ottawa

It's a simple invention with a straightforward name: the Ottawa-created Bripe allows you to make and drink espresso in a small copper brew pipe.

The designer behind it see it as a no-mess tool and a solution to the challenge of getting a caffeine fix while travelling light or in the backcountry.

"With this, you don't need to boil water. All you need is a blue flame lighter, so you can do it in the middle of nowhere where you don't have access to a kettle, electricity or even a fire pit to boil the water," said Stephanie Lapensee, a company spokesperson.

The pipe is made of a solid piece of copper with a long stem connected to the base.

Coffee is brewed by adding grinds to the pipe with water. The water is heated by holding a blue flame lighter below for two minutes. Bubbles can be added by blowing into the stem and the coffee is also sipped from the stem. A filter prevents the grinds from going up the straw.

The Bripe allows you to brew coffee with something as simple as a lighter. Developers launched an IndieGoGo campaign for the product last Tuesday. CONTRIBUTED

> It fits into a little pouch you can easily fit into a backpack.
> Stephanie Lapensee

The co-creator of the Bripe is a coffee expert from Ottawa Craig Hall, owner of Equator Coffee.

Both Hall and fellow inventor Tim Panek are coffee lovers and avid outdoors people. They came up with the idea while river trekking in Costa Rica two years ago.

"They were in the middle of the river — in the jungle — trying to figure out how they could have coffee," said Lapensee.

"It's for both coffee lovers and outdoors people," said Lapensee. "If you are someone who loves to travel in the jungle somewhere and you want your coffee it's the perfect option. It fits into a little pouch you can easily fit into a backpack."

The company's IndieGoGo launched on Tuesday in time for a Christmas release and some of the orders include Hall's fair trade beans.

TECHNOLOGY

Hackers' skills tested

Adam Kveton
For Metro | Ottawa

It's not every day that you're asked to break through Internet security, but a group of Ottawa students competed Saturday to make that their job.

The first annual Cyber Security Challenge Ottawa event invited students from the University of Ottawa, Carleton, La Cité and Algonquin College to compete for paid internships at companies like Bell by hacking into a computer system.

The event is an evolution of several smaller ones held by cyber security professional Tom Levasseur over the last five years. Inspired by Quebec City's Hackfest, Levasseur hoped to create something similar in Ottawa that would bring the best and brightest together to grow their skills and address a growing need for cyber security professionals.

Algonquin network engineering student Jason Reifstenzel managed to win one of five internships on offer.

Together with Algonquin team Hermit Crabs, he was tasked with breaking into a fake company's website by going through various steps that sound a bit like how you might pull off a complicated bank robbery.

But that's only half the battle. To become a "paid hacker" like Levasseur, you can't just break in. You have to know how to defend the system, too, said Reifstenzel.

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COURT DELAYS

Province reviewing charges

Ontario's ministry of the attorney general is reviewing thousands of criminal charges that could be stayed or withdrawn because cases are taking too long to get to trial, but Crown attorneys say the government had made the situation worse.

The Supreme Court of Canada ruled last July in what is known as the Jordan decision that a reasonable delay to trial is 18 months for provincial cases and 30 months for cases before the superior court.

Last week, a first-degree murder charge against former Canadian Forces member Adam Picard was stayed on the grounds that his right to a speedy trial had been violated, four years after the charge was laid in Ottawa. On Friday, the attorney general's office announced it would appeal the ruling.

The Ontario Crown Attorneys Association estimates there are about 6,000 criminal cases that could see charges stayed or withdrawn, and it blames a shortage of judges, prosecutors and court space.

Association president Kate Matthews said the group has been raising the alarm about the need for more resources in Crown attorney's offices for years, calling a crisis inevitable.

"Anyone working in the criminal justice system could see 'Jordan' coming, and yet the government did nothing with respect to the key reasons behind it," Matthews wrote in an open letter.

Attorney General Yasir Naqvi said cases can be stayed or withdrawn after the accused completes an alternative or restorative justice program, like a domestic violence or drug treatment program, or if the accused enters a guilty plea or agrees to another resolution.

THE CANADIAN PRESS

Hate crimes: a different kind of investigation

CRIME

Spree of racist incidents 'very, very rare', says Ottawa police

Haley Ritchie
Metro | Ottawa

When racist and anti-Semitic graffiti was spewed across houses of worship last week, it sparked a different kind of investigation for Ottawa police.

Police arrested a young man in connection with the incidents over the weekend, but had a strong focus on the crimes as soon as they appeared.

Inspector Mike Laviolette said graffiti on properties generally falls into the mischief category, but he said once it's established as a hate crime, it becomes a bigger priority case.

"The jeopardy is greater, and our efforts will be that much more magnified and concentrated. In our opinion, it's a greater risk to the community, until we determine who did this and what their motivation was. We don't want anything further to happen as a result," he said. "Not to mention morally and ethically, it's what's expected from the community we serve."

> "The jeopardy is greater, and our efforts will be that much more magnified." Inspector Mike Laviolette

Not all cases involving hateful symbols, like a sharpie-drawn swastika on the school yard, will fall under a serious hate-crime umbrella. The fact that last week's incidents involved religious targeting and very specific, hateful words elevates the crime.

"The reference to the number 1488 is not something that a bunch of thoughtless kids doing damage on the bus somewhere would know," said Laviolette. "It'll certainly lead the investigation in a different way. It tells us something a little different about this case."

The number 1488 is linked heavily to a white supremacist slogan called the 14 words.

Laviolette said to see a spree of crimes like this is "very, very rare. Thankfully."

Crime data from Statistics Canada backs that up. In 2015 Ottawa saw five incidents of "mischief to religious property motivated by hate."

From 2011 to 2015 that number has stayed around four incidents per year. Prior to this weekend, in the past five years only one person — a youth offender — was charged for those incidents.

Police spokesperson Carole Lavigne said in 2016 from January to the end of October the city has seen three incidents of mischief to religious institutions. Last week's events could that bring that number up to nine, depending on how the cases are categorized.

Geographically, the incidents are spread out across the city, meaning investigation teams from three districts were involved, as well as the hate crime unit.

Racist graffiti was found on several houses of worship spread out across the city. METRO FILE

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MANITOBA

Minister to meet switched babies

Health Minister Jane Philpott will meet Monday with families involved in two cases where babies were switched at birth at a northern Manitoba hospital in the 1970s, a spokesman for the families says.

Former Manitoba aboriginal affairs minister Eric Robinson, who has worked with the men and their families, said Philpott has agreed to meet with the men as well as their parents and siblings, for three to four hours at a yet-to-be determined location in Winnipeg.

Robinson has called for the meeting with Philpott for months and said he believes the men and their families will be seeking a comprehensive counselling program.

"This is an opportunity for the minister to hear a first-hand account some of the issues that they're having to deal with — the pain and the anguish," Robinson said.

The two cases involve four men who went home with different parents from the federally run Norway House Indian Hospital in 1975. They went public with the mix-ups in the past year after getting DNA tests.

The first case, involving Luke Monias and Norman Barkman, came to light in November 2015. The second case was revealed in August and involves Leon Swanson and David Tait Jr.

Philpott called the circumstances appalling after the case of Swanson and Tait became public, and said Ottawa is taking steps to set up a third-party investigation. Health Canada also announced it would offer free DNA tests to anyone born at the hospital before 1980.

Last month, the RCMP said it, too, would investigate the cases. THE CANADIAN PRESS

'OUR CULTURE IS STILL ALIVE' A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum. Huu-ay-aht First Nation is celebrating the repatriation of their cultural treasures.

"We're resilient, we're strong and our culture is still alive," Chief Councillor Robert Dennis Sr. said.

HANDOUT/THE CANADIAN PRESS

'That was just my destiny'

JUSTICE

Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous communities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual and physical abuse among indigenous women and girls are so pervasive they are expected to overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Sharon Acoose managed to turn her life around after she was sexually assaulted, eventually becoming a professor of social work.

THE CANADIAN PRESS

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

"I see it as all being on a continuum," she said. "You have children who are abused, you have young teenagers that are abused, they go through life, then it is just normalized behaviour … some of them, we just don't hear their voices anymore because they're gone."

In her work at the First Nations University of Canada's Saskatoon campus, Acoose finds herself pondering a lingering question: Why wasn't there a national public inquiry 20 years ago?

"I am so fortunate to be able to talk to people and tell my story," Acoose said. "I should have been dead by the time I was 20."

THE CANADIAN PRESS

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PERU

Trump's shadow hangs over summit

Justin Trudeau waves during the traditional "family photo" at the APEC Summit in Lima, Peru on Sunday. AFP/GETTY IMAGES

Prime Minister Justin Trudeau and leaders from Asian and Pacific nations are walking out of an annual summit facing an uncertain future about the movement of goods, people and services across borders.

That uncertainty has been created with U.S. president-elect Donald Trump and his anti-trade rhetoric set to take over the White House, potentially leaving a leadership vacuum on the world stage.

In a meeting with Trudeau, President Barack Obama spoke about the work the two have done on refugees and climate change — two areas where Trump has voiced concerns and vowed to roll back environmental funding and put in stricter immigration rules.

Obama said he and Trudeau are going to push to get as much work completed on thinning the borders during the last two months of his presidency.

In a seeming nod to the shadow of Trump hanging over the summit, the outgoing president tried to ease nerves in Canada that the Liberal prime minister would clash with the president-elect.

THE CANADIAN PRESS

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Rescue operation ongoing

KANPUR DISTRICT

Death toll likely to rise in India train derailment

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because rescue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we heard a crash," said Kumar, whose coach remained standing on the track. "When we came out of the train, we saw a few coaches had derailed."

Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

Some of the coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment was not immediately clear.

Rescue workers, soldiers and members of India's disaster management force pulled 104 bodies from the wreckage, said Chaudhary, inspector-general of police in Uttar Pradesh state.

Rescuers used cutting torches to open the derailed train cars to try to reach those trapped inside, while cranes were deployed to lift the coaches from the tracks. However, they were moving cautiously because some of the coaches were precariously tilted, and there was a danger of the coach toppling over, possibly injuring those trapped inside.

Medical teams were providing first aid near the site, while the more seriously injured were moved to hospitals in Kanpur, Chaudhary said. Of the roughly 150 injured, 72 were in serious condition, he said.

The derailment occurred near the village of Pukhrayan, outside of Kanpur, an industrial city about 400 kilometres southeast of New Delhi. The Patna-Indore Express train, linking the central Indian city of Indore to the city of Patna to its northeast, completes its 1,360-kilometre journey in 27 hours.

Prime Minister Narendra Modi expressed his concern over the derailment.

"Anguished beyond words on the loss of lives due to the derailing of the Patna-Indore express. My thoughts are with the bereaved families," Modi posted on his Twitter account.

Accidents are relatively common on India's sprawling rail network, which is the world's third largest, but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error. THE ASSOCIATED PRESS

DONALD DIGEST

A roundup of news about the president-elect

Romney being considered
Mitt Romney is a key contender to become the nation's next secretary of state and retired Marine Corps Gen. James Mattis was an "impressive" prospect for defence secretary, President-elect Donald Trump and his No. 2, Mike Pence, said Sunday.

Christie left hanging
Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

Christie was one of a parade of officials visiting Trump Sunday at his Bedminster, New Jersey golf club. Christie, a former candidate for president, was an early backer of Trump. But he was recently demoted as head of Trump's transition effort. It is not clear how big a role Christie is now playing.

School trumps White House
Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide to the president-elect had suggested the Trumps are reluctant to move their 10-year-old son from New York to Washington during the school year.

Concern in transgender community
Anxiety is high among many transgender Americans after the sweeping Republican election victory. They fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms, and wonder if their newly won right to serve openly in the military is in jeopardy.
THE ASSOCIATED PRESS

LIBYA

Monkey attack causes tribal clashes; 20 dead

Activists and medics say tribal clashes, that erupted in southern Libya after three young men turned a pet monkey loose on a high school girl, have killed at least 20 people.

The girl's family sought revenge after the monkey scratched and bit her last week, and killed all three men along with the animal.

Bader al-Daheli, a civil activist, said Sunday that the two main tribes in the southern city of Sabha, Awlad Suleiman and Gadhadhfa, are each backed by armed groups. Abdel-Rahman Areish, the head of Sabha hospital, said 20 people have been killed and 50 wounded.

Libya slid into chaos after the 2011 ouster and killing of longtime dictator Moammar Gadhafi. Much of the country is effectively ruled by a patchwork of local or tribal militias.
THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I think that fine-art events are appropriate for first dates. My female friends disagree. Do you?

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Ani Castillo

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

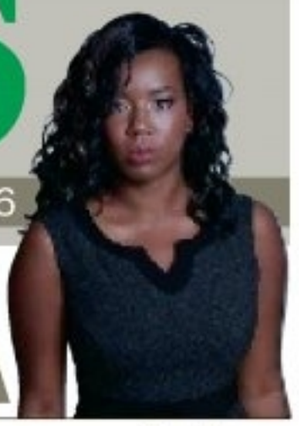
It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you. If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

If you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

What makes financial advice writers think my parents have money?

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next 20 years, the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents.

I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents' money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial papers aren't concerned with parents like mine who don't have parental money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow. The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parents' money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid-off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids.

This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

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metro LIFE

Your essential daily news

Monday, November 21, 2016

Taking opportunity and running is very important, because I never had a business plan in my life. Things just came along and I grabbed them.
Iris Apfel, at the UN Women's Entrepreneurship Day conference

Take a little time for yourself

YOU CARE TOO MUCH

Self-care book focuses on gender equality, coping methods

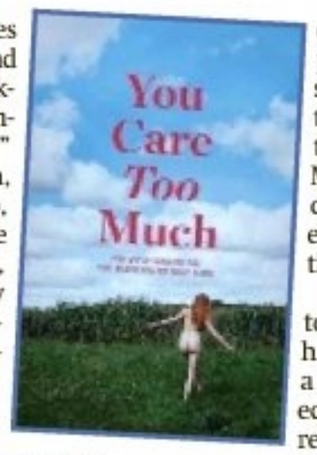
Self-care is skin care, yoga, a bubble bath, a nap, a massage, a healthy snack. It's also a buzzword and, in the age of social media, can be a competition.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume You Care Too Much: Creative Women on the Question of Self Care, released this month by indie publisher With/out Pretend, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship, softness in the face of loss, devotion, the home, beauty in art, beauty regimens, sex, transformation, Inuit heritage, even crime.



If there is a consistent theme, it's the concept of coping, said Klassen.

Self-care is important today, Klassen said, in the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for president despite his verbal attacks on women, people of colour, immigrants and many others, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality since women remain primary caregivers in many families, according to the Canadian Women's Foundation.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE

Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, You Care Too Much, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE

RENAMED, RENUMBERED, REVISED
ROUTE AND SERVICE CHANGES TAKE EFFECT DECEMBER 25

EXPRESS ROUTES
- Express routes will be renamed Connexion and renumbered in the 200s
- Cost to ride will be reduced to regular fare
- Connexion routes skip some Transitway Stations in the afternoon

Connexion

ORLÉANS
- Routes 20A and 120 will be combined as new Route 33
- Routes 30 and 130 will be combined as Route 30

KANATA
- Routes 60, 64, 93, 165, 181 and 182 will be re-numbered and changed to serve the new Park & Ride at Innovation Station

NEW NUMBERS
- Routes 24, 40, 43, 67 and 140 will be renumbered as Connexion Routes in the 200s
- Routes 201, 202, 203, 204 and 205 will be renumbered as Shopper Routes in the 300s

ROUTE 5
- Will be split in two - routes 5 and 19

HOLIDAYS
- Most routes will have revised schedules during the holidays, December 26 to January 6

WINTER SCHEDULES
- New schedules go into effect on most routes beginning December 25

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OC Transpo

A tribute to Boston bombing survivors

Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old was also hurt in the bombing.
BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

BOSTON MARATHON

Documentary speaks to the resiliency of the victims

Steve Gow
For Metro Canada

Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary Marathon: The Patriots Day Bombing has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern. "Our unique angle was to get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg. "There's very little good that you could say can come out of a terrorist bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

The filmmakers hope the survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example, it seems to be working.

"I just got several emails from the New York crowd who saw it and they're like, its so good to be an American again," laughed Sundberg.

"I think people looked at this film and thought it speaks to the best of what you could be as a human being."

THE DAP-KINGS

Soul singer Sharon Jones dies at 60

A big-voiced soul singer who performed with high energy onstage has died in New York after battling pancreatic cancer. Sharon Jones was 60.

Her representative Judy Miller Silverman says she died Friday at a Cooperstown hospital surrounded by her band, the Dap-Kings. Silverman says in a statement, "Thank you for your prayers and thoughts during this difficult time."

Jones was diagnosed with Stage 2 pancreatic cancer in 2013.

Her story was told this year in a Barbara Kopple documentary called Miss Sharon Jones! The film documents her transformation into a cancer patient and back into a full-throated force.

THE ASSOCIATED PRESS

GOSSIP NEWS IN BRIEF

Beastie Boys' playground vandalized with swastika

A Brooklyn playground named for the late Beastie Boys' star Adam Yauch had been vandalized with swastikas and the words "Go Trump!" Photos show the swastika and words were spray-painted on playground equipment in the Brooklyn Heights neighbourhood.

The city named the park for the late rapper, who was Jewish, in 2013. THE ASSOCIATED PRESS

Beastie Boys member Adam Horovitz speaks at a Brooklyn anti-hate rally on Sunday. GETTY

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The style of shopper you are

HOLIDAY BARGAINS

Will you head for the shops or do you prefer to browse online?

Tanya Enberg

For those debating whether to hit brick-and-mortar stores or crack open a computer for Black Friday sales, first consider the type of consumer you are.

Does the buzz of a busy mall or scouring the shelves of bustling big-box stores get you pumped?

Perhaps perusing local mom-and-pop shops or ducking into street-side stores is more your style. Then again you may have a penchant for snagging unbelievable bargains online.

Each approach has pros and cons, but thankfully the ever-growing Black Friday extravaganza appeals to a wide ranch of consumers, as Canadian retailers big and small, online and in-store, have embraced the event, happening Nov. 25.

According to Michael E. LeBlanc, senior vice president of membership, programs and revenue with the Retail Council of Canada, online buying is expected to spike, based on trends from previous years.

"Online growth is quite significant," said LeBlanc.

"The big trend is that machines don't sleep. You can open your website at midnight, but you don't have to open your stores at midnight."

Of course some crave the social and tangible experience of shopping.

For them, being able to touch fabrics, try on garments, and inspect the quality of a TV screen is part of the thrill.

"Online shopping is a transactional experience as opposed to going to a mall where it's social and there are people and personalities," offered LeBlanc. "But there's a mix there because it's also transactional."

He observed that the way purchases are made can also change based on the item.

This means a person could find smaller or unique items in their community, order books and electronics online — both are top online purchases — "and then hit the big box stores for something else."

For the crowd-adverse (or those who want to spend time wearing pajamas), online is the way to go.

Plus, for car-free households in the market for larger products, the convenience of having them shipped, often for free, is too good to pass up.

"Set aside some time if you're shopping online," advised shopping pro, Cathie Mostowyk, president of shoestringshopping.com

"Even if it's two hours before work in the morning. If you know what size you are, it's pretty easy to order online, and online retailers have made it easy to make returns."

She also encourages people to support smaller local retailers on Black Friday whenever possible because "it's getting harder and harder for them to compete."

A shopper looks at handbags at a shop in Toronto's Eaton Centre shopping mall.
CHRIS YOUNG/THE CANADIAN PRESS VIA AP

> **It's pretty easy to order online**
> Cathie Mostowyk, president of shoestringshopping.com

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How tech shapes shop experience

IN RETAIL

How we purchase goods is less hands on than ever before

Marc Saltzman

While technology has given rise to the popularity of online shopping, it has also had an impact on how we shop at "brick and mortar" stores, as well.

Whether it's to find a good deal, or to add convenience or enhanced security to your purchase, a few software and hardware innovations are changing the game.

Here's a look at how tech is playing a key role at retail.

Before you shop

Even if you plan on buying at retail, leverage websites and apps that can help you get the best deal possible.

"My first tip: preparation is key," said Preet Banerjee, a personal finance expert and creator of the YouTube channel Money School. "Make a list of what you would like to buy before you start browsing through deals, and then tune out anything that isn't on your list."

Flipp, for example, is a free app and website that lets you browse all the flyers to retailers in your area, so you can see what's on sale. There's also a slider bar if you're only interested in sales that are, say, 20 or 30 per cent off or higher. You can tap to read more about the product, clip it into a saved section, add it to shopping list, and print coupons from within the app.

FLIPP

Banerjee said to also take advantage of websites like RedFlagDeals.com and the Black Friday subreddit section at Reddit.com.

Some online stores to traditional retailers let you reserve the item for pick up in person, which could save you the aggravation of showing up to buy something – only to find it's sold out.

At retail

There are some apps to use while shopping in-store, too. Some, like ShopSavvy and Red Laser, let you scan a product's barcode off the shelf and might show you where it's cheaper somewhere else. Yes, this is a retailer's nightmare.

"But unless it's a large item, the extra cost of gas, parking, and your time rarely tend to be worth using these apps in my opinion," cautioned Banerjee.

Another tech trend at retail: mobile payments. Rather than pulling out your wallet, many Canadians tap a smartphone or smartwatch on one of those contact-less NFC (near field communications) terminals to conduct a transaction. Usually capped at $100 or so, the funds are then added to your credit card bill or deducted from a bank account. While it's still early days, payment services like Apple Pay, Samsung Pay and Google Wallet make it easy — and fun — to buy something with your tech.

APPLE PAY

And both solutions are very secure, said Barry Choi, personal finance expert at Moneywehave.com. "Your information is never saved by the merchants when using mobile payments, since it's a one-time use 'token.'" What's more, Apple Pay requires biometrics verification; place your finger or thumb on the Touch ID sensor built into the circular Home button to confirm it's you. Other mobile payment providers may require a PIN code for the digital handshake to be made with the point-of-sale terminal.

"You'll also want to make sure your phone is secure by setting a PIN or finger-print scan," added Choi. "This way, it'll be hard for thieves to get access to your banking information if they get a hold of your phone.'

And you no longer need to bring loyalty cards to the mall or department store with you, thanks to apps that hold them all — digitally. The above mentioned Flipp or apps like CardStar — which also works with iOS and Android devices — lets you scan all your loyalty cards; then, simply pull out your phone and have the cashier scan your phone's screen when buying items in-store, to ensure you earn rewards points and other benefits.

Jessica Moorhouse, an award-winning personal finance blogger and host of the Mo' Money podcast, said her favourite tech tip is for shoppers to load up their phone with virtual versions of their loyalty cards. "Now you don't have to remember to bring all your cards with you. It's great."

Tablets are also being used by retailers, often as portable cash registers for digital payments, such as iPads under the arms of sales associates roaming the floor at Apple Stores. The benefit? Customers are helped right there on the spot, which also reduces line-ups at a conventional retailer.

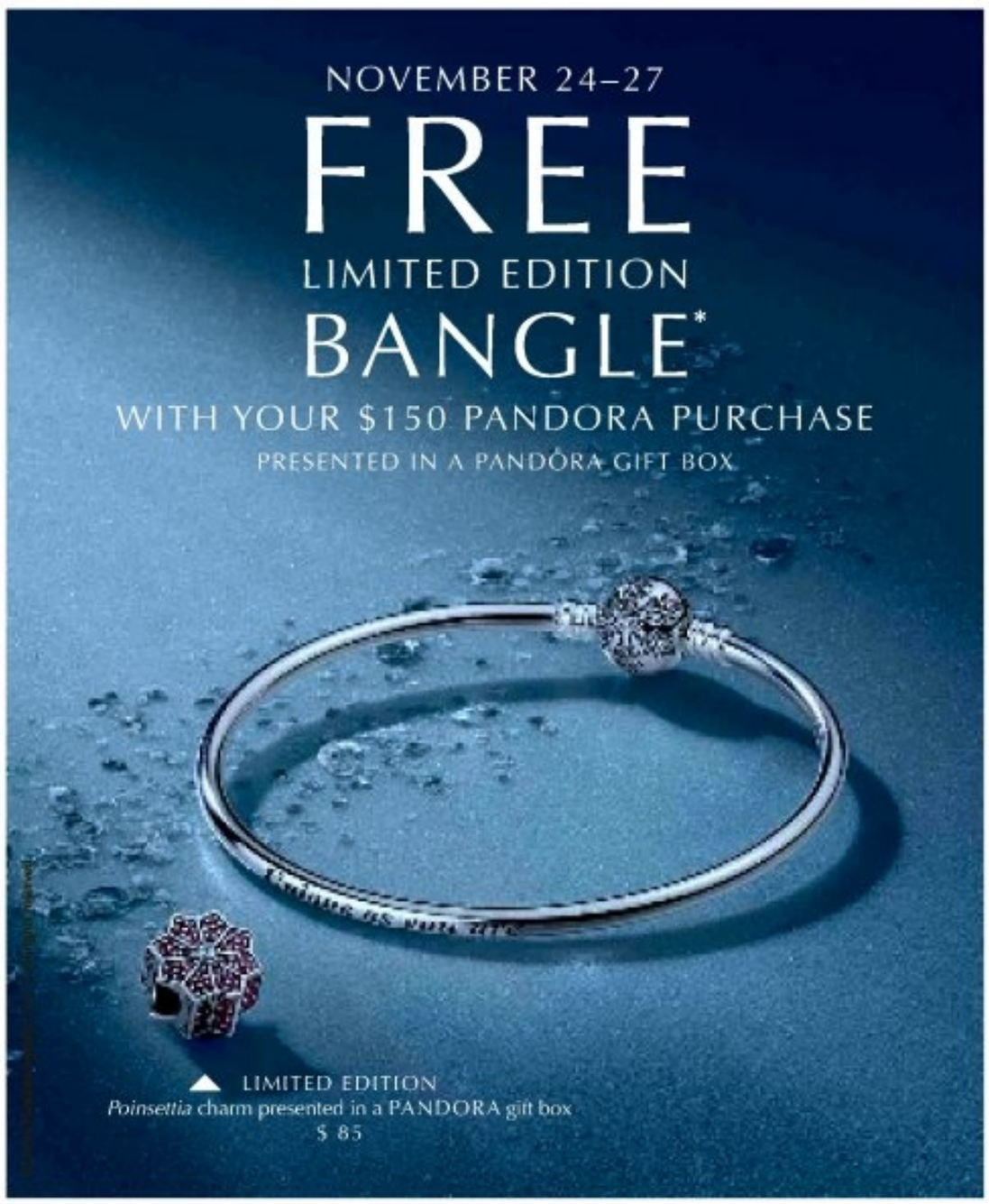
After the purchase

The technology doesn't stop at the point of purchase.

American Express Canada, for example, recently launched Use Points for Purchases, a new mobile-driven feature that allows card members to redeem Membership Rewards points towards everyday purchases charged to their card, such as home items, consumer electronics, groceries, or even a dinner out with your significant other.

After the purchase is made on the card, members launch the app or go to the Amex website (or call a phone number) to use earned points towards the purchase, to help lower the balance before the statement comes.

PANDORA



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SMART SHOPPING

Five apps to find the best deals and ease that retail experience

Marc Saltzman

The hottest tech product on the planet? It's in your pocket.

More than 75 per cent of Canadians now own a smartphone — up from 62 per cent just three years ago – and chances are you bring this digital device with you everywhere.

And so it may come as no surprise many are using it to shop, whether it's online shopping through apps or the mobile web, or as a companion to help sniff out great deals at retail.

"Your phone can be an invaluable shopping tool," said Rubina Ahmed-Haq, a personal finance expert who runs the blog AlwaysSaveMoney.ca. "You don't have to be at home on a computer to compare prices among online sites or retail stores, you can be immediately notified of location-based deals, and you can keep all your loyalty and rewards cards on your phone, too."

"Our phones are a lot more accessible than computers, and there are many good and free shopping apps to install and use," Ahmed-Haq added.

If you're looking for some suggestions on what to load up your phone with, the following free apps are worth considering.

Flipp

Consider Flipp the ultimate flyer aggregator. After you type in your postal code, browse the best deals at local stores or select what retailers matter to you — such as an electronics store, clothing chain, home improvement centre, department store, or supermarket — and you'll be able to see the latest flyers that showcase new products and sales around you. Available for smartphones, tablets and computers, clip favourites, print coupons, press and hold on a product to read reviews, add items to your shopping list, and see discounted items by percentage off. Flipp also lets you store digital versions of your loyalty cards to use at retail, when needed.

Flipp

Ebates.ca

It's one thing to save money while shopping smartly, but what if you could earn money back while shopping online? That's the premise behind the Ebates app as it pays members cash back every time you shop through participating online retailers and marketplaces — and there are many. Here's how it works: sign up for a free account, and then every time you shop at one of the supported stores you'll start earning cash that can be sent to you via cheque, deposited into a PayPal account, or donated to a charity of your choice. Each store offers a different cash back percentage.

ShopSavvy

If you're hoping to find a bargain while shopping at retail, ShopSavvy takes advantage of your smartphone's camera by letting you scan barcodes of products in front of you. Within a second or two, you'll see how much the same product costs online – or nearby at a nearby competing store – including the option to get directions to the stores that have the product cheaper (represented by coloured pushpins on a map). Needless to say, retailers don't like this app very much. You can also do a search by keyword, such as "Xbox" or "Sonos," to find the best deals.

ShopSavvy

Save.ca

Owned by the same parent company as this publication, this Canadian app borrows elements from both Flipp and Ebates.ca: you can view flyers, price-match between your favourite local retailers, and take advantage of cash-back offers and mail-to-home coupons. Save.ca also lets you create shopping lists to keep track of products you want, plus you can scan loyalty cards and present them at the register of retailers you frequent the most. The interface is clean and intuitive.

Save.ca

Kijiji

Don't forget about online classifieds apps, too, like Kijiji, rated No. 1 in Canada. While you need to wait for products to ship to your door with apps like Amazon.ca (or online marketplaces like ebay.ca), Kijiji lets you buy local and with cash — and avoid shipping charges altogether. Contrary to popular belief, many all-new products are listed on Kijiji, not just previously owned ones. Of course, if you have something to sell, Kijiji is also a great place to off load old or unwanted items, and the app notifies you immediately if there's any activity on your account.

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"I'm very impressed, to be honest": Helio Castroneves likes what he's seen from Canadian IndyCar driver James Hinchcliffe on Dancing with the Stars

Redblacks plow through Esks and into Grey Cup

CFL PLAYOFFS

Lafrance's 157 rushing yards help navigate snowy field

Kienan Lafrance put the Ottawa Redblacks on his shoulders Sunday.

The sophomore running back came off the bench to run for 157 yards and a key touchdown to earn Ottawa an exciting 35-23 win over Edmonton in a snowy, windy East Division final. The Redblacks, who lost the 2015 Grey Cup 26-20 to the Eskimos, will face the Calgary Stampeders in this year's game on Sunday at BMO Field in Toronto.

EAST FINAL At TD Place

35	23

Ottawa seemed headed to a comfortable win after surging to a 25-3 lead in the third quarter on Tristan Jackson's 75-yard punt return TD and Patrick Lavoie's two-point convert. But Mike Reilly, who threw for 340 yards, rallied the Eskimos with three TD strikes, including a 57-yard pass to Adarius Bowman that cut the Redblacks' lead to 28-23 with 3:15 remaining.

That put the onus on Ottawa's offence to try and run out the clock. But Lafrance, who replaced injured starter Moses Madu (upper-body injury) in the first half, took it a step further, scoring on a 20-yard run with 45 seconds left that capped an eight-play, 70-yard drive and cemented the win.

"Before our final drive, (offensive co-ordinator Jamie Elizondo) got the offence together and said, 'If we call ourselves the best offence, which I know we are, we will run this clock down and we will take a knee and finish this game out,'" said Ottawa quarterback Henry Burris. "And then Kienan stepped in and said, 'Guys, give me the hole. This is why I'm here, I'm here to get us to the Cup and win the Cup.'

"He's a Manitoba Bison so if there's anybody used to running in these conditions, it's a guy from Manitoba. I'm pretty sure a lot of fantasy football owners are upset they didn't have Kienan Lafrance this week because he did a heck of a job."

Lafrance, a 2015 sixth-round draft pick who'd run for 163 career yards before Sunday, only smiled when told of Burris's comments.

"That's what he said?" a beaming Lafrance asked. "Well, it was mid-game so I can't confirm it.

"But of course, I want the ball every play."

Weather was the major storyline in a contest played on a wet, snow-covered field courtesy of the city's first winter storm. While the white stuff fell throughout the contest, the biggest challenge was the wind, which blew at about 37 km/h, gusting at times to 49 km/h.

The nasty conditions were no deterrent to the hearty TD Place sellout crowd of 24,248, many wildly ringing cowbells throughout the game.

Burris finished 15 of 26 passing for 246 yards and two TDs. THE CANADIAN PRESS

Serderius Bryant of the Redblacks tackles the Eskimos' Cory Watson at TD Place Stadium on Sunday. JUSTIN TANG/THE CANADIAN PRESS

Stamps stomp all over Lions

The Calgary Stampeders head to the Grey Cup the heavy favourite after thumping the B.C. Lions 42-15 in Sunday's West Division final.

The Stampeders (15-2-1) and Lions (12-6) posted the CFL's best regular-season records, but Calgary controlled Sunday's game from the opening kickoff.

It's the second trip to the Grey Cup in three years for the Stampeders, who won it in 2014.

Calgary hadn't played a game in three weeks and quarterback Bo Levi Mitchell hadn't thrown a game ball in almost four.

WEST FINAL In Calgary

42	15
STAMPS	LIONS

But the host team silenced speculation about rust by scoring on its opening drive and racing to a 32-0 lead at halftime.

Mitchell threw touchdown passes to Marquay McDaniel, DaVaris Daniels and Lemar Durant, plus a two-point convert throw to Kamar Jorden.

The West Division's nominee for the CFL's Most Outstanding Player completed 21 of 28 passes for 365 yards and was intercepted once.

Durant also ran for a touchdown while defensive back Jamar Wall scored on an interception. THE CANADIAN PRESS

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Ninth straight win for Dallas

NFL

Quarterback Dak Prescott dominates second half

New backup, same result for rookie quarterback Dak Prescott and the Dallas Cowboys.

Prescott threw three touchdown passes, two to Dez Bryant, in the first game with Tony Romo as his backup, and the Cowboys set a franchise regular-season record with their ninth straight win, beating the Baltimore Ravens 27-17 on Sunday.

The Cowboys (9-1) punted on their first four possessions — a first this season — against the NFL's No. 1 defence. But Prescott completed 14 of 15 in the second half and led drives of 92 and 88 yards to start the second half and break a 10-10 tie.

Dez Bryant celebrates his third-period touchdown on Sunday. GETTY IMAGES

Both drives ended with TD passes to Bryant.

"Like I said before, the guy's amazing," said Bryant, who had six catches for 80 yards in his first two-score game since his All-Pro season of 2014.

"We're going to follow that guy. We're going to continue to keep following that guy. The way that he adjusts and the way he handles his business, it says a lot about him."

Dak Prescott GETTY IMAGES

The Ravens (5-5), who lost to Dallas for the first time in five games in franchise history, controlled the tempo most of the first half. Baltimore stayed close on Joe Flacco's 5-yard scoring pass in the fourth quarter to Steve Smith, who became the 14th player with 1,000 career catches.

But Dallas' third possession of the second half took more than six minutes before Dan Bailey's 21-yard field goal for a 10-point lead with 1:50 remaining.

"They scored every time they had the ball," Flacco, who was 23 of 35 for 269 yards, said of the second half. "In that kind of game, we've got to do the same thing."

PREMIER LEAGUE

COSTA BOOTS CHELSEA TO VICTORY

Chelsea striker Diego Costa smiles at his Middlesbrough opponents during a set piece on Sunday in North Yorkshire, England. Costa's 41st-minute goal held up as the match winner and Chelsea's 1-0 put them a point ahead of Liverpool and Manchester atop the Premier League with 28 points through 12 games played.

IAN MACNICOL/GETTY IMAGES

IN BRIEF

Billy Horschel eliminated from RSM Classic

The largest PGA tour of the year goes to playoffs today, but Billy Horschel won't be there after burning the edge of the cup with his birdie putt at No. 18 on the first playoff hole. Stepping over a routine tap-in from 2 feet, he blocked it to the right and was eliminated.

Canadian rookie Mackenzie Hughes, Blayne Barber, Camilo Villegas and Henrik Norlander are to return at 8 a.m. Monday to finish. THE ASSOCIATED PRESS

Jutanugarn finishes on top

Ariya Jutanugarn wrapped up her season by finishing tied for fourth Sunday at the CME Group Tour Championship in Naples, Fla., clinching the season-long Race to CME Globe points competition and its $1-million bonus.

The 20-year-old Thai golfer also won player of the year for the first time, meaning she supplanted Lydia Ko as both the CME Globe winner and the year's top player.

THE ASSOCIATED PRESS

Djokovic errors give Murray the year-end win

Andy Murray earned the year-end No. 1 ranking and his first title at the ATP finals on Sunday, beating Novak Djokovic 6-3, 6-4 in the last match of the tennis season.

Murray started with a pair of double-faults in the opening game, but it was soon Djokovic that was struggling with his serve. The second-ranked Serb was broken once in the first set and twice in the second as the unforced errors piled up.

THE ASSOCIATED PRESS

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FROM THE EDITORS OF THE KIT
compact

PHOTOGRAPHY BY JANE & JANE

RECIPE Cornbread Topped Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

Ready in 40 minutes
Prep time: 20 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Directions
1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.
2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.
3. Preheat oven to 375 degrees.
4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.
5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.
6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

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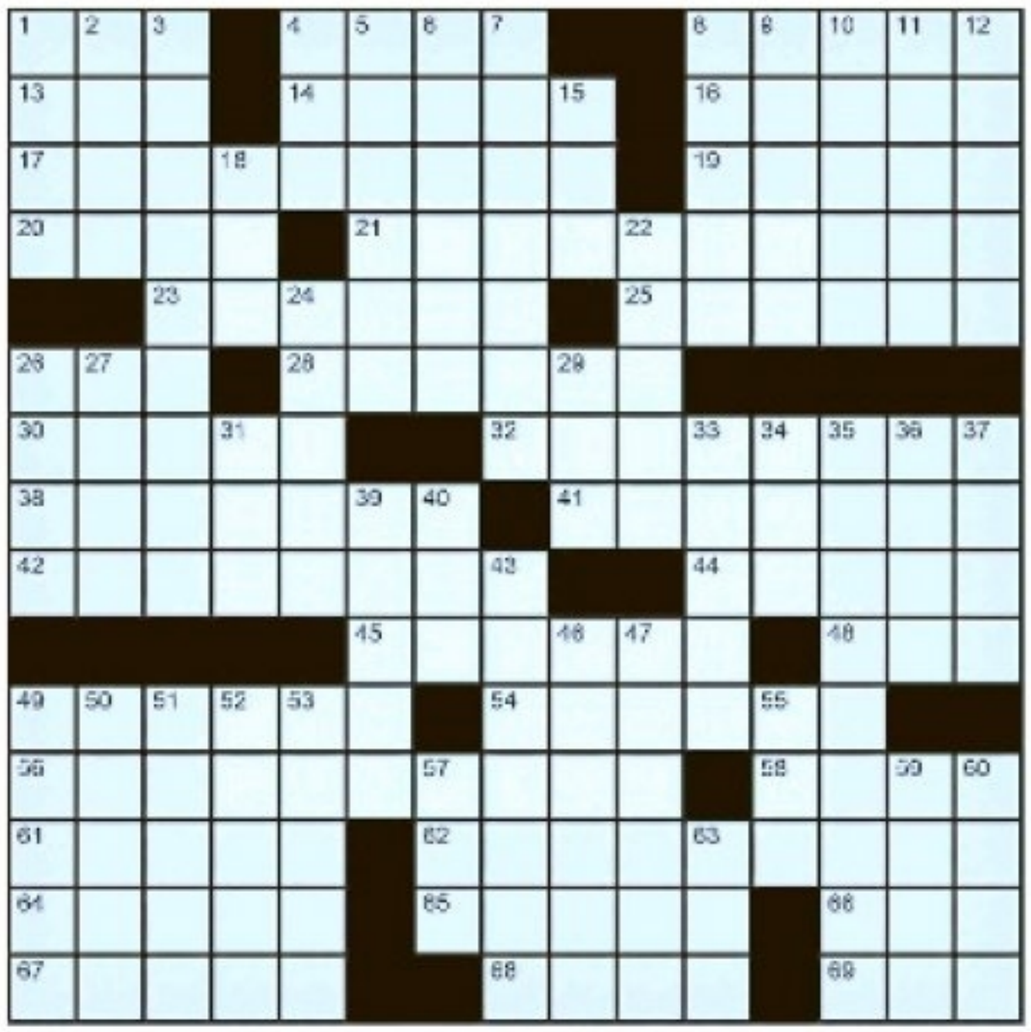
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Early-'80s song: "_-Man Fever"
4. Flight-related UN Agcy.
8. Swiss _ (Green leafy veggie)
13. "Turn to Stone" gr.
14. Balm
16. Moon-related
17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. _, borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "_ _ Woman"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, _ _ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. _ Challenge (Current motionlessness-set-to-music fun time on social media)
64. Extraterrestrial
65. 1948 Pulitzer-winning poet, W.H. _ (b.1907 - d.1973)
66. Cape _, Massachusetts
67. "_ bleu!"
68. Fathers, to kids
69. Ron of '60s show "Tarzan"

DOWN
1. _ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand
4. Baffin, e.g.
5. Purr-fect pet pampering place: 2 wds.
6. The Autobiography of _ _. Toklas
7. Plagued with pests, perhaps
8. Saturates with sappiness
9. Luau dances
10. Conductor Mr. Previn
11. Surprise wartime attacks
12. "_ You Up" by Madonna
15. Conductor, _-Pekka Salonen
18. Period
22. Figure Skating couples
24. Went down the snowy hill
26. Boast
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)
29. Tree of Hawaii
31. Josh
33. Brawn
34. Bambi's aunt
35. Condiment with roast leg of lamb: 2 wds.
36. 'Perform' suffix
37. "So Sick" single-named singer
39. Rene of "Tin Cup" (1996)
40. "_ Beso (That Kiss!)" by Paul Anka
43. French waxworks legend, Madame _ (b.1761 - d.1850)
46. "Help Me, _" by The Beach Boys
47. _ soups (Pantry items)
49. Wolves of the sea
50. Bella _ (Valley in British Columbia)
51. Faultfinder
52. _ nonsense
53. Big river in Europe
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst
57. UFC sport, for short
59. Bowed instrument
60. Tennis ace Mr. Murray
63. Nav. rank

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

Taurus April 21 - May 21
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

Gemini May 22 - June 21
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

Cancer June 22 - July 23
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

Leo July 24 - Aug. 23
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

Virgo Aug. 24 - Sept. 23
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

Libra Sept. 24 - Oct. 23
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

Scorpio Oct. 24 - Nov. 22
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

Sagittarius Nov. 23 - Dec. 21
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

Capricorn Dec. 22 - Jan. 20
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

Aquarius Jan. 21 - Feb. 19
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

Pisces
Feb. 20 - March 20
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4			2	7		1		

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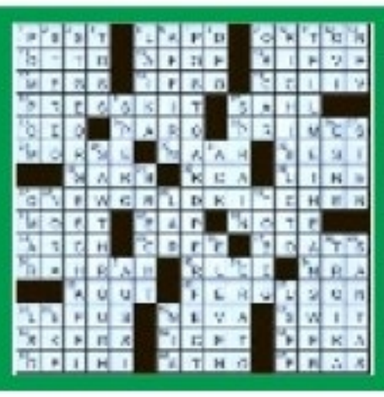

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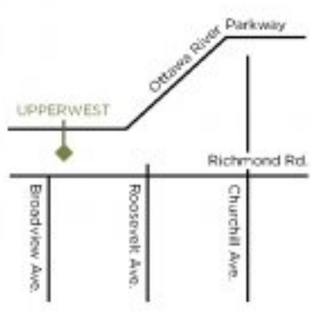

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